

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Sucrose (g)

Food Subset: All Foods  
Ordered by: Nutrient Content  
Measured by: Household  
Report Run at: October 20, 2015 00:37 EDT

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
19304	Molasses	337.0	1.0 cup	99.08
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	79.70
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	64.49
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	58.81
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	1.0 regular (12 fl oz)	58.81
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	55.96
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	52.57
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	51.23
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	47.85
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	1.0 regular (12 fl oz)	47.85
19911	Syrup, maple, Canadian	80.0	60.0 milliliter	47.14
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	40.74
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	40.74
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	36.57
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	35.44
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item (6.3 oz)	35.25
09087	Dates, deglet noor	147.0	1.0 cup, chopped	35.04
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	31.46
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	30.78
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	29.63
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item (6.3 oz)	29.42
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	27.89
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	27.22
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	24.67
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item (6.4 oz)	23.06
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	45.0	3.0 cookies	21.55
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	21.39
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	44.0	3.0 cookies	20.93
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	20.93

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	20.25
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	20.16
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	44.0	3.0 cookies	19.98
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	19.68
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	44.0	3.0 cookies	18.89
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	18.71
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	17.13
21127	Fast foods, coleslaw	191.0	1.0 cup	17.11
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	16.82
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	16.19
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	15.74
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	15.31
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	14.96
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	14.63
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	14.45
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	14.42
09428	Rowal, raw	114.0	0.5 cup	14.25
14638	Beverages, Horchata, as served in restaurant	228.0	1.0 cup	14.07
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	14.05
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	14.02
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	13.85
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	23.0	1.0 scoop powder	13.78
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	13.65
14287	Beverages, Lemonade, powder	18.0	1.0 serving	13.40
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	13.39
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	13.26
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	13.11
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	13.07
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	12.99
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	12.92
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	12.76
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	12.69
28334	Cookies, gluten-free, lemon wafer	30.0	3.0 cookies	12.69
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	12.66
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	12.62
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	12.59

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	12.50
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	12.48
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	12.19
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	12.08
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	11.98
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	11.98
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	11.97
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	11.90
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	11.80
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	11.80
19353	Syrups, maple	20.0	1.0 tbsp	11.66
09176	Mangos, raw	165.0	1.0 cup pieces	11.50
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item (3.2 oz)	11.48
21420	KFC, Coleslaw	112.0	1.0 package	11.40
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	11.23
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	11.02
18956	Keikitos (muffins), Latino bakery item	42.0	1.0 piece	10.84
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	10.70
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	10.68
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	10.64
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	10.63
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	10.34
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	39.0	1.0 slice	10.34
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	10.32
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	10.31
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	10.31
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	10.26
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	10.11
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	9.98
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	9.98
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	9.98
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	9.98
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	9.90
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	9.88
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	9.78
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	9.75

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	9.75
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	9.71
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	9.63
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	9.57
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	9.57
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	9.56
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	9.52
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	150.0	5.3 oz	9.44
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	9.42
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup ( 1 NLEA serving)	9.40
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	9.39
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	9.34
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	9.34
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	9.34
21416	POPEYES, Coleslaw	120.0	1.0 package	9.29
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	9.23
18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	42.0	1.0 piece (1 serving)	9.18
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	9.12
09021	Apricots, raw	155.0	1.0 cup, halves	9.10
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	9.08
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	8.77
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	8.77
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	8.72
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	8.72
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	8.62
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	165.0	1.0 item 5.8 oz	8.61
28333	Cookies, gluten-free, chocolate wafer	23.0	3.0 cookies	8.53
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	23.0	3.0 cookies	8.53
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	8.45
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	8.42
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	8.35
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	8.35
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	8.32
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item	8.32
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	8.28
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	8.28

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	8.27
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	8.25
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	8.19
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	8.19
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	8.12
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	8.12
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	8.11
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	8.07
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	7.94
01225	Dulce de Leche	19.0	1.0 tbsp	7.94
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	7.94
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	7.85
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	7.84
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	7.80
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	7.70
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	7.57
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	7.44
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	7.37
09236	Peaches, yellow, raw	154.0	1.0 cup slices	7.33
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	7.30
11304	Peas, green, raw	145.0	1.0 cup	7.24
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	7.16
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	7.15
09334	Feijoa, raw	243.0	1.0 cup, pureed	7.12
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	7.10
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	7.07
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	7.06
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	7.02
09191	Nectarines, raw	143.0	1.0 cup slices	6.96
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	6.93
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	6.88
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	6.88
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	6.88
19907	Sweeteners, for baking, contains sugar and sucralose	14.5	1.0 tbsp	6.82
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	6.81
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	6.81

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	6.80
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	6.72
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	6.68
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	6.64
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	6.56
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	6.56
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	6.55
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	6.54
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	6.47
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	6.47
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	6.45
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	6.41
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	6.40
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	6.36
09079	Cranberries, dried, sweetened	40.0	0.25 cup	6.33
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	6.24
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	6.24
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	6.16
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	6.10
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	6.05
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	5.95
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	150.0	5.3 oz	5.94
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	5.94
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	5.81
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	5.80
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	5.80
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	5.72
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	5.69
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	5.69
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	150.0	5.3 oz	5.67
12061	Nuts, almonds	143.0	1.0 cup, whole	5.65
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	5.63
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	5.59
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	5.57
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	5.56
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	5.56

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	5.56
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	5.42
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	5.42
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	5.42
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	5.41
09040	Bananas, raw	225.0	1.0 cup, mashed	5.38
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	5.36
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	5.36
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	5.28
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	5.28
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	5.21
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	5.20
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	150.0	5.3 oz	5.16
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	132.0	1.0 cup	5.15
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	5.14
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	5.13
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	5.09
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup ( 1 NLEA serving)	5.06
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	5.02
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	5.02
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	5.00
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	4.95
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	4.88
22973	Corn dogs, frozen, prepared	78.0	1.0 corn dog	4.86
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	4.83
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	4.83
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	4.74
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	4.74
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	4.74
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	4.71
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	4.69
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	4.69
12147	Nuts, pine nuts, dried	135.0	1.0 cup	4.66
21024	Fast foods, french toast sticks	65.0	3.0 pieces	4.64
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	4.61
11124	Carrots, raw	128.0	1.0 cup chopped	4.60

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
19908	Sugar, turbinado	4.6	1.0 tsp	4.56
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	4.56
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	4.55
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	248.0	8.0 fl oz	4.46
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	4.45
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	4.44
09433	Clementines, raw	74.0	1.0 fruit	4.41
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	4.39
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	4.30
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	4.29
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	4.29
12142	Nuts, pecans	109.0	1.0 cup, chopped	4.25
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	4.22
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	4.20
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	247.0	1.0 cup	4.20
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	4.17
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	4.17
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	4.09
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	4.09
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	4.04
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	4.03
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	3.98
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	3.98
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	3.95
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	3.89
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	3.82
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	3.82
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	3.82
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	3.82
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	3.78
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	3.78
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	3.76
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	3.74
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	3.72
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	3.66
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	3.66



NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	3.63
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	3.62
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	3.56
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	3.54
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	3.47
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	3.46
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	3.46
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	3.40
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	3.35
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	3.28
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	3.28
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	3.27
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	3.26
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	3.25
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	3.25
21509	BURGER KING, Onion Rings	91.0	1.0 small	3.24
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	3.23
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	3.23
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	3.20
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	3.20
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	3.14
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	3.14
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	3.12
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	3.12
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	3.10
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	3.10
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	3.08
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	3.04
36036	Restaurant, family style, onion rings	259.0	1.0 serving	3.03
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	3.03
19296	Honey	339.0	1.0 cup	3.02
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	3.00
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	2.96
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	2.95
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	2.89
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	2.86

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	2.86
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	2.85
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	2.84
19334	Sugars, brown	3.0	1.0 tsp unpacked	2.84
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	2.83
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	2.82
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	2.82
16069	Lentils, raw	192.0	1.0 cup	2.82
19335	Sugars, granulated	2.8	1.0 serving packet	2.79
09446	Plantains, green, fried	118.0	1.0 cup	2.78
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	2.76
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	2.76
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	2.76
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	2.76
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	2.76
36028	DENNY'S, coleslaw	91.0	1.0 serving	2.70
20001	Amaranth grain, uncooked	193.0	1.0 cup	2.70
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	2.69
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	2.68
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	2.68
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	2.64
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	2.60
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	2.59
09279	Plums, raw	165.0	1.0 cup, sliced	2.59
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	2.59
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	2.59
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	2.59
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	2.59
09436	Mango nectar, canned	251.0	1.0 cup	2.56
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	32.0	10.0 crackers (1 NLEA serving)	2.55
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	2.54
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	2.53
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	2.51
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	2.49
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	2.49
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	2.48

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	2.46
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	2.44
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	2.44
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	2.44
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	2.43
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	2.43
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	2.43
21522	McDONALD'S, Southern Style Chicken Biscuit	132.0	1.0 biscuit regular size biscuit	2.43
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	2.41
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	2.36
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	2.35
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	2.31
20063	Rye flour, dark	128.0	1.0 cup	2.30
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	2.28
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	2.26
21251	BURGER KING, Cheeseburger	133.0	1.0 item	2.25
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	2.24
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	2.23
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	2.21
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	2.17
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	2.15
21526	CHICK-FIL-A, chicken sandwich	187.0	1.0 sandwich	2.15
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	2.15
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	2.13
22971	Potato salad with egg	125.0	0.5 cup	2.12
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	2.12
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	2.10
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	2.07
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	2.06
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	2.04
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	2.04
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	2.03
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	2.01
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	2.01
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	2.00
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	1.96

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	1.96
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	1.96
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	1.93
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	1.92
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	1.92
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	33.0	1.0 serving 1.2 fl oz pop	1.87
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	1.87
09326	Watermelon, raw	154.0	1.0 cup, balls	1.86
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	1.85
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	1.85
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	1.82
21141	BURGER KING, Vanilla Shake	24.8	1.0 fl oz	1.81
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	1.80
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	1.80
11212	Edamame, frozen, prepared	155.0	1.0 cup	1.74
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	1.69
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	1.69
27064	Wasabi	20.0	1.0 tablespoon	1.68
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	1.65
22911	Chili, no beans, canned entree	240.0	1.0 cup	1.63
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	1.61
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	1.59
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	1.59
11282	Onions, raw	160.0	1.0 cup, chopped	1.58
28374	VAN'S, Gluten Free, Totally Original Pancakes	48.0	1.0 pancake	1.58
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	1.58
36031	DENNY'S, onion rings	166.0	1.0 serving	1.58
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	1.57
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	1.56
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	1.55
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	1.54
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	1.54
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	1.53
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	1.53
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	223.0	1.0 item 7.9 oz	1.52

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	1.50
21386	BURGER KING, french toast sticks	21.0	1.0 stick	1.50
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	1.50
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	305.0	1.0 item 10.8 oz	1.49
14284	Beverages, Cranberry juice cocktail	271.0	1.0 cup	1.49
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	1.49
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	1.46
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	1.46
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	1.46
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	202.0	1.0 item 7.1 oz	1.43
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	1.43
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	1.42
16172	Refried beans, canned, fat-free	231.0	1.0 cup	1.41
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	1.39
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	1.38
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	1.38
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	1.38
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	1.38
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	1.36
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	1.35
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	1.35
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	1.35
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	1.35
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	1.34
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	1.34
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	1.34
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	1.34
11211	Edamame, frozen, unprepared	118.0	1.0 cup	1.33
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	1.33
07005	Blood sausage	100.0	4.0 slices	1.30
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	1.29
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	1.29
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	1.29
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	1.29
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	1.27

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	1.27
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	1.26
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	1.25
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	1.24
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	1.22
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	1.21
20062	Rye grain	169.0	1.0 cup	1.20
20142	Teff, uncooked	193.0	1.0 cup	1.20
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	1.20
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	1.20
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	1.18
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	1.17
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	1.17
09160	Lime juice, raw	242.0	1.0 cup	1.16
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	1.16
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	1.16
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	1.16
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	1.15
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	1.15
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	1.15
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	1.15
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	1.15
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	1.13
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	1.13
36045	ON THE BORDER, refried beans	135.0	1.0 cup	1.13
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	1.13
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	128.0	1.0 biscuit	1.11
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	1.11
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	1.10
20088	Wild rice, raw	160.0	1.0 cup	1.07
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	1.07
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	1.07
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	1.07
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	1.07
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	1.07
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4"dia)	1.06

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
09062	Cherimoya, raw	160.0	1.0 cup, pieces	1.06
09152	Lemon juice, raw	244.0	1.0 cup	1.05
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	1.04
20140	Spelt, uncooked	174.0	1.0 cup	1.03
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	1.02
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	1.02
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	1.01
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	1.00
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	1.00
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	1.00
09252	Pears, raw	140.0	1.0 cup, slices	0.99
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	0.99
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.98
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	0.97
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.96
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.95
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.94
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0.94
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.93
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.93
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.92
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.92
20064	Rye flour, medium	102.0	1.0 cup	0.92
21419	KFC, biscuit	49.0	1.0 biscuit	0.92
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0.91
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.90
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.90
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.89
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	0.89
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0.88
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	0.88
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	0.88
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	0.88
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	0.86
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	0.86
21142	Fast food, biscuit	55.0	1.0 biscuit	0.85

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.84
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	0.84
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	0.84
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	0.83
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	0.82
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.82
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.82
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.81
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.80
21270	TACO BELL, Taco Salad	533.0	1.0 item	0.80
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.80
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	246.0	1.0 cup	0.79
21378	McDONALD'S, Bacon Ranch Salad without chicken	223.0	1.0 item 7.8 oz	0.78
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	0.78
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	0.77
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.76
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	0.76
35147	Tamales (Navajo)	186.0	1.0 piece	0.74
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	0.74
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	0.74
09298	Raisins, seedless	165.0	1.0 cup, packed	0.74
11435	Rutabagas, raw	140.0	1.0 cup, cubes	0.74
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.74
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	0.74
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.74
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	0.73
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.73
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	0.73
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	0.73
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	0.73
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	0.72
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	0.72
09316	Strawberries, raw	152.0	1.0 cup, halves	0.71
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0.71
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.70
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	0.70



NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
21129	Fast foods, hush puppies	22.0	1.0 piece	0.70
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0.70
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.69
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.69
09084	Currants, red and white, raw	112.0	1.0 cup	0.68
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.68
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.67
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.67
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.67
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.67
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	0.67
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	0.67
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.66
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.64
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	0.64
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.64
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	0.63
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.62
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.62
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.62
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	0.62
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	0.62
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	0.62
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.60
11278	Okra, raw	100.0	1.0 cup	0.60
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.60
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.60
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	0.60
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.60
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.60
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.59
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.59
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	0.59
20060	Rice bran, crude	118.0	1.0 cup	0.59
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	0.59

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.58
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	0.58
27042	Soup, clam chowder, new england, canned, ready-to-serve	254.0	1.0 cup	0.58
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0.58
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.58
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.58
20065	Rye flour, light	102.0	1.0 cup	0.58
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	0.58
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0.58
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0.58
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	0.57
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0.57
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.57
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.57
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	0.57
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	0.55
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.55
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	0.55
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	0.55
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	0.54
20089	Wild rice, cooked	164.0	1.0 cup	0.54
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	0.54
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.54
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.54
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.54
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.53
20132	Oat flour, partially debranned	104.0	1.0 cup	0.52
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.52
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.52
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	0.52
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.51
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	0.51
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	0.51
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.51

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.51
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0.51
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	0.50
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	0.50
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	0.50
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	0.50
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.50
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.50
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	0.50
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	0.50
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	0.50
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	0.49
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.49
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.49
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.48
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.48
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.48
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	0.48
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	0.48
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	0.48
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	0.47
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.47
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.47
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	0.47
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.47
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	0.46
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.46
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.46
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.46
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.46
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.46
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	0.46
06150	Sauce, barbecue	17.0	1.0 tbsp	0.46
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.46
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	0.45
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	0.45

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	0.44
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.44
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.44
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	0.44
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.44
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.44
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0.44
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0.43
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	0.43
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	0.43
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.43
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	0.43
20080	Wheat flour, whole-grain	120.0	1.0 cup	0.43
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.43
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	0.43
21268	TACO BELL, Nachos	80.0	1.0 serving	0.42
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.42
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	0.42
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	0.42
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0.42
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	0.41
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.41
11960	Carrots, baby, raw	15.0	1.0 large	0.41
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	0.41
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	0.41
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.40
11098	Brussels sprouts, raw	88.0	1.0 cup	0.40
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	0.40
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.40
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	233.0	1.0 sandwich	0.40
21396	Fast foods, cheeseburger; double, large patty; with condiments	280.0	1.0 item	0.39
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	280.0	1.0 item	0.39
11949	Catsup, low sodium	17.0	1.0 tbsp	0.39
11935	Catsup	17.0	1.0 tbsp	0.39
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.39
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0.39

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	0.39
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0.38
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	0.38
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	0.38
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	0.38
21235	McDONALD'S, QUARTER POUNDER with Cheese	199.0	1.0 item 7.1 oz	0.38
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.38
21234	McDONALD'S, QUARTER POUNDER	171.0	1.0 item	0.38
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.37
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	0.37
36030	DENNY'S, hash browns	124.0	1.0 serving	0.37
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	0.37
28375	VAN'S, Gluten Free, Totally Original Waffles	47.0	1.0 waffle	0.37
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	0.36
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	0.36
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.36
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	0.36
20647	Millet flour	119.0	1.0 cup	0.36
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	0.36
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0.35
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	0.35
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	10.7	3.0 crackers	0.34
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.34
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.34
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.34
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	0.33
07254	Turkey bacon, unprepared	14.0	1.0 serving	0.33
09413	Pears, raw, red anjou	126.0	1.0 small	0.33
09437	Tamarind nectar, canned	251.0	1.0 cup	0.33
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.32
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	0.32
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.32
07973	Turkey bacon, microwaved	8.1	1.0 slice	0.32
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.32
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.32
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.31

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.31
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.31
11011	Asparagus, raw	134.0	1.0 cup	0.31
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.31
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	0.31
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.30
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	0.30
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.30
36019	APPLEBEE'S, chili	136.0	1.0 cup	0.30
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	0.30
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	0.30
36610	DENNY'S, french fries	165.0	1.0 serving	0.30
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	0.29
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	0.29
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.29
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	0.29
36039	Restaurant, family style, hash browns	94.0	1.0 cup	0.28
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.28
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0.28
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.28
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.28
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	0.28
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	0.28
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	0.28
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	0.28
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	0.28
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.27
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.27
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.27
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	0.27
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.27
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	0.27
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	0.26
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	0.26
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.26
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.26

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.26
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.26
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.26
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.26
25027	Snacks, plantain chips, salted	28.35	1.0 oz	0.26
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0.26
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.26
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	0.26
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0.26
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	0.26
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	0.26
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	0.25
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	0.25
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0.25
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.25
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	0.25
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0.25
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.25
09302	Raspberries, raw	123.0	1.0 cup	0.25
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.24
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.24
21139	Fast foods, potato, mashed	242.0	1.0 cup	0.24
18235	Crackers, whole-wheat	28.0	1.0 serving	0.24
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	0.24
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	0.24
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	0.24
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.24
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.23
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	0.23
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	0.23
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.23
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	0.23
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.23
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0.23
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.23
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	0.23

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.22
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	0.22
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	0.22
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.22
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	0.22
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0.22
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.22
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.22
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.22
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.22
27068	Dip, FRITO'S, bean, original flavor	36.0	2.0 tbsp	0.22
27065	Dip, bean, original flavor	36.0	2.0 tbsp	0.22
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0.22
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	0.21
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.21
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.21
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.21
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.21
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.21
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.21
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.21
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.21
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	0.21
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.20
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.20
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.20
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0.20
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	0.20
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0.20
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	0.20
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.20
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	0.20
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.20
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	0.20
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.20
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0.20



NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	0.20
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	0.20
36027	DENNY'S, chicken strips	194.0	1.0 serving	0.19
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.19
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.19
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	0.19
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	0.19
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	0.19
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.19
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.18
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.18
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	0.18
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.18
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.18
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0.18
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.18
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	0.17
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.17
11549	Tomato products, canned, sauce	245.0	1.0 cup	0.17
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0.17
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.17
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.17
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.17
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.17
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.17
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	0.17
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.17
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	0.16
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.16
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.16
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.16
09050	Blueberries, raw	148.0	1.0 cup	0.16
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.16
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	0.16
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.16

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.16
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.16
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.15
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.15
21238	McDONALD'S, french fries	71.0	1.0 small serving	0.15
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	0.15
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.15
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0.15
21379	McDONALD'S, Side Salad	87.0	1.0 item 3.1 oz	0.15
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	28.35	1.0 oz	0.14
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.14
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	0.14
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.14
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.14
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.14
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.14
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.14
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	0.13
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	0.13
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0.13
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	0.13
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	0.13
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.13
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	0.13
18360	Taco shells, baked	12.9	1.0 shell	0.13
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.13
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.13
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.13
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.13
09421	Dates, medjool	24.0	1.0 date, pitted	0.13
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.13
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.13
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.13
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.13
35139	Squash, Indian, cooked, boiled (Navajo)	28.35	1.0 oz	0.12
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.12

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.12
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.12
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.12
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.12
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.12
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.12
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	0.12
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.12
11429	Radishes, raw	116.0	1.0 cup slices	0.12
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	0.12
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.12
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.11
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.11
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.11
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.11
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.11
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.11
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	0.11
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	0.11
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.11
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.11
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	0.11
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.11
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.11
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.11
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.11
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.11
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.11
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.11
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.11
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	0.11
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.11
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.11
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	0.11
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.11
35201	Prairie Turnips, boiled (Northern Plains Indians)	14.0	1.0 bulb	0.10

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.10
09094	Figs, dried, uncooked	149.0	1.0 cup	0.10
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.10
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.10
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.10
01057	Eggnog	254.0	1.0 cup	0.10
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.10
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	0.10
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.10
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.10
09042	Blackberries, raw	144.0	1.0 cup	0.10
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	0.10
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.10
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.10
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	0.10
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	0.10
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	0.10
02026	Spices, onion powder	2.4	1.0 tsp	0.09
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	0.09
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.09
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	0.09
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	0.09
11090	Broccoli, raw	91.0	1.0 cup chopped	0.09
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.09
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	0.09
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.09
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	0.09
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	0.09
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.09
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.09
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.08
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.08
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.08
11658	Spinach souffle	136.0	1.0 cup	0.08
11143	Celery, raw	101.0	1.0 cup chopped	0.08
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0.08

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.08
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.08
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.08
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.08
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.08
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.08
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.08
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.08
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0.08
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	7.4	3.0 crackers	0.07
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.07
35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	0.07
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.07
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.07
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.07
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.07
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0.07
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	70.0	0.25 cup	0.07
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	70.0	0.25 cup	0.07
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.07
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	0.07
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.07
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0.07
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.07
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	0.07
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.07
02033	Spices, poppy seed	2.8	1.0 tsp	0.07
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.06
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.06
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.06
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.06
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.06
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.06
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.06
02020	Spices, garlic powder	3.1	1.0 tsp	0.06
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.06

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.06
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.06
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.06
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.06
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.06
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0.06
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.06
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.06
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.06
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.06
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.06
09427	Abiyuch, raw	114.0	0.5 cup	0.06
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.06
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.06
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.06
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.06
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.05
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.05
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0.05
25059	Snacks, brown rice chips	9.0	1.0 cake	0.05
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	0.05
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.05
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.05
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.05
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.05
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.05
27066	Sauce, horseradish	5.6	1.0 tsp	0.05
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.05
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.05
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.05
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	0.05
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.04
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.04
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.04
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.04
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.04

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.04
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.04
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.04
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.04
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.04
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	0.04
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0.04
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.04
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.04
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.04
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.04
09129	Grapes, muscadine, raw	6.0	1.0 grape	0.03
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	0.03
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.03
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.03
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.03
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.03
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.03
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	0.03
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0.03
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	3.9	3.0 crackers	0.03
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.03
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.03
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.03
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.03
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.03
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.03
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	0.03
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.03
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.03
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.03
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.03
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.02
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.02
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.02
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.02

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0.02
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.02
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.02
01124	Egg, white, raw, fresh	33.0	1.0 large	0.02
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.02
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.02
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.02
11457	Spinach, raw	30.0	1.0 cup	0.02
02009	Spices, chili powder	2.7	1.0 tsp	0.02
02029	Spices, parsley, dried	0.5	1.0 tsp	0.02
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	0.02
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	0.02
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	0.02
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.02
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.02
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	0.02
02028	Spices, paprika	2.3	1.0 tsp	0.02
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.02
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	0.02
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.02
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.02
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	0.02
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.02
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	0.02
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.02
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0.01
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.01
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.01
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	0.01
02015	Spices, curry powder	2.0	1.0 tsp	0.01
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0.01
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.01
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.01
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	0.01
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.01
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.01



NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.01
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	0.01
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.01
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.01
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.01
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.01
09448	Nance, canned, syrup, drained	11.1	3.0 fruit without pits	0.01
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.01
03194	Babyfood, cereal, rice, dry fortified	2.5	1.0 tbsp	0.01
02021	Spices, ginger, ground	1.8	1.0 tsp	0.00
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.00
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.00
02011	Spices, cloves, ground	2.1	1.0 tsp	0.00
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.00
01017	Cheese, cream	14.5	1.0 tbsp	0.00
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.00
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	0.00
02048	Vinegar, cider	14.9	1.0 tbsp	0.00
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.00
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	0.00
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	0.00
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	0.00
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.00
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	0.00
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0.00
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	0.00
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.00
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	0.00
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.00
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.00
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	0.00
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.00
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.00
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.00
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	0.00
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	0.00

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	0.00
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	34.0	1.0 slice	0.00
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.00
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	0.00
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	0.00
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.00
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	0.00
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	0.00
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	0.00
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	0.00
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.00
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0.00
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	28.35	1.0 oz	0.00
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.00
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.00
28354	ANDREA'S, Gluten Free Soft Dinner Roll	69.0	1.0 roll	0.00
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.00
18967	Bread, white wheat	28.0	1.0 slice	0.00
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.00
01069	Cream substitute, powdered	94.0	1.0 cup	0.00
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.00
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.00
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.00
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	0.00
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0.00
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	0.00
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	0.00
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	0.00
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	0.00
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	0.00
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.00
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.00
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.00
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.00
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.00
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.00

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	0.00
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.00
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0.00
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.00
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.00
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.00
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.00
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	0.00
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	0.00
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.00
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.00
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	0.00
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	0.00
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0.00
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.00
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.00
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.00
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.00
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.00
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.00
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	0.00
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	0.00
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	0.00
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.00
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	0.00
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.00
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	0.00
09434	Guanabana nectar, canned	251.0	1.0 cup	0.00
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.00
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.00
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.00
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.00
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	0.00
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.00
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.00

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	0.00
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	0.00
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.00
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	0.00
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	0.00
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0.00
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	0.00
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	0.00
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	44.0	1.0 roll	0.00
21527	ARBY'S, roast beef sandwich, classic	149.0	1.0 sandwich	0.00
36002	APPLEBEE'S, french fries	164.0	1.0 serving	0.00
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.00
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.00
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.00
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.00
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	0.00
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	0.00
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	0.00
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.00
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	0.00
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.00
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.00
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	0.00
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	5.3	10.0 goldfish	0.00
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	0.00
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	0.00
07951	Scrapple, pork	17.0	1.0 cubic inch	0.00
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.00
21506	BURGER KING, Double Cheeseburger	162.0	1.0 sandwich	0.00
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0.00
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	0.00
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.00
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	0.00
28340	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	36.0	1.0 roll	0.00
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.00

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.00
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	0.00
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.00
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0.00
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.00
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.00
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.00
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.00
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0.00
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	0.00
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	0.00
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	0.00
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.00
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	0.00
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	0.00
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.00
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	0.00
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	123.0	0.5 cup	0.00
28361	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar	5.2	10.0 goldfish	0.00
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0.00
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.00
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.00
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.00
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.00
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	0.00
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	0.00
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	0.00
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.00
28288	Bread, roll, Mexican, bolillo	98.0	1.0 piece	0.00
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.00
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	0.00
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	0.00
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	0.00
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	0.00
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	0.00
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	0.00

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.00
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.00
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.00
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	0.00
07971	Bologna, meat and poultry	33.0	1.0 slice	0.00
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	0.00
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.00
02069	Vinegar, balsamic	16.0	1.0 tbsp	0.00
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	0.00
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.00
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.00
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	0.00
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	0.00
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.00
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	0.00
17154	Veal, Australian, separable fat, raw	28.0	1.0 oz	0.00
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	0.00
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.00
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	0.00
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.00
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	0.00
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.00
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.00
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0.00
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0.00
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	0.00
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	0.00
06545	CAMPBELL'S Homestyle New England Clam Chowder	256.0	1.0 cup	0.00
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.00
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.00
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	0.00
02044	Basil, fresh	2.5	5.0 leaves	0.00
18214	Crackers, cheese, regular	14.2	0.5 oz	0.00
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	0.00
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	0.00

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	0.00
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	0.00
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	0.00
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	28.0	1.0 oz	0.00
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.00
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.00
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.00
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	0.00
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.00
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	0.00
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.00
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	0.00
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	0.00
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.00
09442	Pomegranate juice, bottled	249.0	1.0 cup	0.00
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	25.0	1.0 slice	0.00
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.00
01133	Egg, whole, dried	85.0	1.0 cup, sifted	0.00
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.00
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.00
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	0.00
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.00
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.00
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	0.00
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	0.00
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.00
23296	Beef, Australian, imported, grass-fed, external fat, raw	28.35	1.0 oz	0.00
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	0.00
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.00
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.00
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.00
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	0.00
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.00
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.00
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.00

NDB_No	Description	Weight(g)	Measure	Sucrose(g) Per Measure
07025	Frankfurter, turkey	28.35	1.0 oz	0.00
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.00
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	0.00
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0.00
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	0.00
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.00
28368	SCHAR, Gluten-Free, Classic White Rolls	78.0	1.0 roll	0.00
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	0.00
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	0.00
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.00
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.00
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	0.00
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	0.00
16112	Miso	17.0	1.0 tbsp	0.00
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	0.00
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.00
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	0.00
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	0.00